Chet Day's
Tips, Rants, Observations, and Conclusions about Life
What's New
Chet's Health Resources
Health Articles and Recipes
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Free Newsletters
500 Years of Natural Health Secrets
How to Energize Your Body with Tibetan Rejuvenation Rites
Learn the five secret exercises taught by Tibetan monks to a British Colonel who sought a way to retard aging and re-energize his body. Not only a fascinating story, but also a practical "how to" booklet that'll help you regain the energy of your youth.
Get Your ADHD Child Off Drugs
You don't have to mask your child's personality with powerful drugs to overcome Attention Deficit Hyperactivity Disorders. In this special report, you'll find a multitude of natural approaches to dealing with ADHD, approaches that work.
Lose Weight with the Grape Cure
The Grape Cure isn't for everyone, but if you're a dedicated health nut who wants an unusual way to lose weight and detoxify, Johanna Brandt's classic Grape Cure has helped adventuresome men and women for more than 50 years now.
How to Live 100 Happy and Healthy Years with a Calorie Restriction Diet
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H&B Fasting Classics Collection
Two classic fasting books reveal how turn-of-the-century men and women stopped eating to heal what ailed them. In Upton Sinclair's The Fasting Cure and Dr. Linda Hazzard's Scientific Fasting, you'll find fascinating narratives and detailed "how to" techniques about water fasting that haven't been available for close to a hundred years. With these two eBooks and the bonus files, you'll learn how fasting can help you lose weight, increase energy, and reduce those middle-aged aches and pains.
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